



NORMAL MEAL	HEALTHY MEAL	THIS MONTH SPECIAL'S	A LITTLE HIGH IN CALORIES	GOOD ONLY IN SMALL QUANTITY	P.H. OR OFF DAY
		HELP INTERNATIONAL SCHOOL MENU			 HELP INTERNATIONAL SCHOOL
		Monday, March 02, 2020	Tuesday, March 03, 2020	Wednesday, March 04, 2020	
MORNING SNACKS (PRIMARY)	CEREAL WITH MILK & CUT FRUITS	HAM & CHEESE ON TOAST & FRUIT JUICE	NASI LEMAK & CONDIMENTS	SCRAMBLED EGGS, BAKED BEANS & FRUIT JUICE	SALMON KADEGRE with MUSHROOMS & MIXED VEGETABLES
	MORNING SNACKS (SECONDARY)	TOM YAM FRIED RICE & CUT FRUITS	CHAR KOI PORRIDGE with CUT FRUITS	NASI LEMAK & CONDIMENTS	SCRAMBLED EGGS, BAKED BEANS & FRUIT JUICE
LUNCH		CHICKEN CABONARA PASTA with SALAD	CHICKEN with SALAD & POTATO GRATIN	FISH FILLET MUSHROOM and TOMATO with FETTUCINE and CARROT	PROVENCE CHICKEN CHOP with ROASTED POTATO, BROCCOLI, MUSHROOM & CARROT
	NYONYA CHICKEN, OKRA, CARROT & RICE	FISH CURRY with SAMBAL BELACHAN FRIED RICE	AYAM GORENG KUNYIT WITH RICE & CURRY	TILAPIA FISH TANDORI ACAR RAMPAI & RICE	
	RATATOUILLE SERVED with RICE & SALAD	VEGETARIAN CHICKEN SLICE KEBAB with SALAD & RICE	AGLIO PASTA with ROASTED VEGETABLES	VEGETARIAN MOUTON FRIED RICE	



HELP INTERNATIONAL SCHOOL MENU



	Monday, March 09, 2020	Tuesday, March 10, 2020	Wednesday, March 11, 2020	Thursday, March 12, 2020	Friday, March 13, 2020
MORNING SNACKS (PRIMARY)	CHAR KOI PORRIDGE with CUT FRUITS	FRIED TOM YAM RICE & CUT FRUITS	PARATHA with CURRY & CUT FRUITS	BANCHAN WITH CONDIMENTS & CUT FRUITS	ROASTED CHICKEN CHOP with BROCCOLI & CARROT CRISPS & MIX SALAD
MORNING SNACKS (SECONDARY)	CHAR KOI PORRIDGE with CUT FRUITS	FRIED TOM YAM RICE & CUT FRUITS	PARATHA with CURRY & CUT FRUITS	BANCHAN WITH CONDIMENTS & CUT FRUITS	ROASTED CHICKEN CHOP with BROCCOLI & CARROT CRISPS & MIX SALAD
LUNCH	MEDITERRANEAN FISH with CUCUMBER SALAD, TOMATO CONCASSEE & RICE	CHICKEN & SAUTED VEGETABLES PIZZA with ASSORTED SALAD	FISH with MUSHROOMS WHITE SAUCE & PASTA	CHICKEN BASQUAISE with BROCCOLI, CARROT MASHED POTATO & SALAD	
	AYAM BEREMPAH NASI MINYAK	THAI LIME FISH & LONG BEAN CORIANDER RICE	KOREAN STYLE CHICKEN with GARLIC FRIED RICE & KIMCHI	FISH BURGER & FRENCH FRIES with SALAD	
	MOZZARELLA, TOMATO, LETTUCE & CARROT WRAP	VEGETARIAN PIZZA & ASSORTED SALAD	DRY ALOO GOBI SERVED with RICE	EGGPLANT BURGER & FRENCH FRIES with SALAD	



HELP INTERNATIONAL SCHOOL MENU (PRESCHOOL)



	Monday, March 16, 2020	Tuesday, March 17, 2020	Wednesday, March 18, 2020	Thursday, March 19, 2020	Friday, March 20, 2020
MORNING SNACKS (PRIMARY)	YOGURT & CUT FRUITS	CHEESE ON TOAST with FRUIT and JUICE	NASI LEMAK & CONDIMENTS	SAMBAL FRIED NOODLES & CUT FRUITS	MACCARONI & CHEESE with MIXED SALADS
MORNING SNACKS (SECONDARY)	FRIED YEE MEE with CHICKEN & FRUITS	MEE SIAM & CUT FRUITS	NASI LEMAK & CONDIMENTS	SAMBAL FRIED NOODLES & CUT FRUITS	MACCARONI & CHEESE with MIXED SALADS
LUNCH	CHICKEN with CARROTS, SAUCE & POTATO GRATIN	St. PATRICK's DAY DUBLIN CHICKEN CODDLE, SAUTED CABBAGE, STEAMED CARROT & SAUCE	SEARED SEABASS With PASTA & SALAD	ROASTED FISH with MUSHROOM & TOMATO RICE	
	AYAM PERCIK PAJERI BRINJAL & SAUCE	STEAMED FISH, ASAM BOI, LONG CABBAGE & RICE	HAINANESE CHICKEN RICE & SALAD	LAMB BRIYANI & MIXED VEGETABLES	
	VEGETARIAN CHICKEN & BRINJAL ALOO GOBI with RICE	St. PATRICK's DAY DUBLIN VEGETARIAN CHICKEN CODDLE, SAUTED CABBAGE, STEAMED CARROT & SAUCE	ROASTED POTATO MUSHROOM SERVED with RICE & MIXED SALADS	VEGETARIAN CHICKEN PASTA with VEGETABLE, CRANBERRY & BREADCRUMS	



HELP INTERNATIONAL SCHOOL MENU



		Monday, March 23, 2020	Tuesday, March 24, 2020	Wednesday, March 25, 2020	Thursday, March 26, 2020	Friday, March 27, 2020
MORNIN G SNACKS (PRIMARY)		CEREAL WITH MILK & CUT FRUITS	KERABU FRIED RICE & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	CORN's DAY KOREAN RICE BOWL with CORN & CUT FRUIT	FISH & CHIPS with MIX SALAD
	MORNIN G SNACKS (SECONDARY)	TOM YAM NOODLES & CUT FRUITS	KERABU FRIED RICE & FRUIT JUICE	PARATHA with CURRY & FRUIT JUICE	CORN's DAY KOREAN RICE BOWL with CORN & CUT FRUIT	FISH & CHIPS with MIX SALAD
LUNCH		CHICKEN SPAGHETTI BOLOGNAISE with MIXED SALAD	FISH FILLET, LEEKS and TOMATO with FETTUCINE and CARROT	BRAISED BEEF ESTOUFFADE & MASHED POTATO	CORN's DAY FISH BLANQUETTE MUSHROOMS, CORN & RICE VALENCIENNE	
		GINGER FISH with BOK CHOY & NOODLES	CHICKEN TERIYAKI with SEAWEED FRIED RICE	DALCA CURRY CHICKEN with LONG BEAN CAULIFLOWER & RICE	BRAISED SOY CHICKEN, OKRA CARROT & RICE	
		LADY FINGER CURRY & RICE	VEGETARIAN LASAGNE served with SALAD	ROASTED VEGETABLES served with BOK CHOY and CAMELISED ONIONS	TOMATO STEW with STEAMED POTATO & RICE	



HELP INTERNATIONAL SCHOOL MENU



		Monday, March 30, 2020	Tuesday, March 31, 2020	Wednesday, April 01, 2020	Thursday, April 02, 2020	Friday, April 03, 2020
MORNIN G SNACKS (PRIMARY)		SINGAPORE FRIED MEE HOON & CUT FRUITS	CHAR KOI PORRIDGE with & FRUIT JUICE	CHICKEN GYUDON with EGG & CUT FRUITS	NASI LEMAK & CONDIMENTS	BAKED CHICKEN RICE with WHITE SAUCE MIXED VEGETABLES & SALAD
	MORNIN G SNACKS (SECONDARY)	SINGAPORE FRIED MEE HOON & CUT FRUITS	CHAR KOI PORRIDGE with & FRUIT JUICE	CHICKEN GYUDON with EGG & CUT FRUITS	NASI LEMAK & CONDIMENTS	BAKED CHICKEN RICE with WHITE SAUCE MIXED VEGETABLES & SALAD
LUNCH		CHICKEN SPAGHETTI NAPOLITAN with SALAD	FISH FILLET, FRENCH BEANS and TOMATO with FETTUCINE and CARROT	CHICKEN BLANQUETTE, MUSHROOM & PASTA	BAKED FISH FILLET, POTATOES, OLIVE and CORROT with FETTUCINE and MUSHROOM	
		IKAN THREE FLAVOR, & SAMBAL BELACHAN FRIED RICE	AYAM GORENG BEREMPAH & ULAM RICE	TERIYAKI FISH, SHREDDED VEGETABLES & RICE	LEMON CHICKEN, KAI LAN & WHITE RICE	
		RATATOUILLE SERVED with RICE & SALAD	TOMATO STEW with STEAMED POTATO & RICE	AGLIO PASTA & ROASTED VEGETABLES	VEGETARIAN FRIED RICE	